

Chicken and Spanish Rice

Makes: 5 servings

This skillet dinner calls for cooked chicken. Use leftover chicken that has been properly handled or canned chicken to stretch your food dollars.

Ingredients

- 1 cup** onion (chopped)
- 1/4 cup** green pepper
- 2 teaspoons** vegetable oil
- 1 can** tomato sauce (8 oz, low-sodium)
- 1 teaspoon** parsley (chopped)
- 1/2 teaspoon** black pepper
- 1 1/4 teaspoons** garlic (minced)
- 5 cups** brown rice (cooked in unsalted water)
- 3 1/2 cups** chicken breast (cooked, skin and bone removed, diced)

Directions




1. In a large skillet, sauté onions and green peppers in oil for 5 minutes on medium heat.
2. Add tomato sauce and spices. Heat through.
3. Add cooked rice and chicken. Heat through.

Nutrition Information

Nutrients	Amount
Calories	424
Total Fat	8 g
Saturated Fat	2 g
Cholesterol	80 mg
Sodium	399 mg
Total Carbohydrate	52 g
Dietary Fiber	5 g
Total Sugars	5 g
Added Sugars included	3 g
Protein	35 g
Vitamin D	0 IU
Calcium	56 mg
Iron	2 mg
Potassium	529 mg

N/A - data is not available

MyPlate Food Groups

	Vegetables	1/2 cup
	Grains	2 ounces
	Protein Foods	3 1/2 ounces

Notes

Learn more about:

- [Bell Peppers](#)
- [Onions](#)
- [Garlic](#)

Source: US Department of Health and Human Services, A Healthier You